Blue Cross Blue Shield Blue Care Network of Michigan

Journaling 101

Employer session

Presented by Dan Muncey, M.P.H., and Melissa Waara, M.S.

Blue Cross® Virtual Well-Being

Blue Cross Blue Shield of Michigan and Blue Care Network are nonprofit corporations and independent licensees of the Blue Cross and Blue Shield Association.

The webinar will begin at noon.

"(Journaling) will not only help you get more organized but will also help you become a better person."

— Cal Newport, author of Deep Work

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"The Bullet Journal method's mission is to help us become mindful about how we spend our two most valuable resources in life: our time and our energy."

— Ryder Carroll, creator of Bullet Journaling

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If you have a question or want to respond to the presenter, click the raised hand icon.

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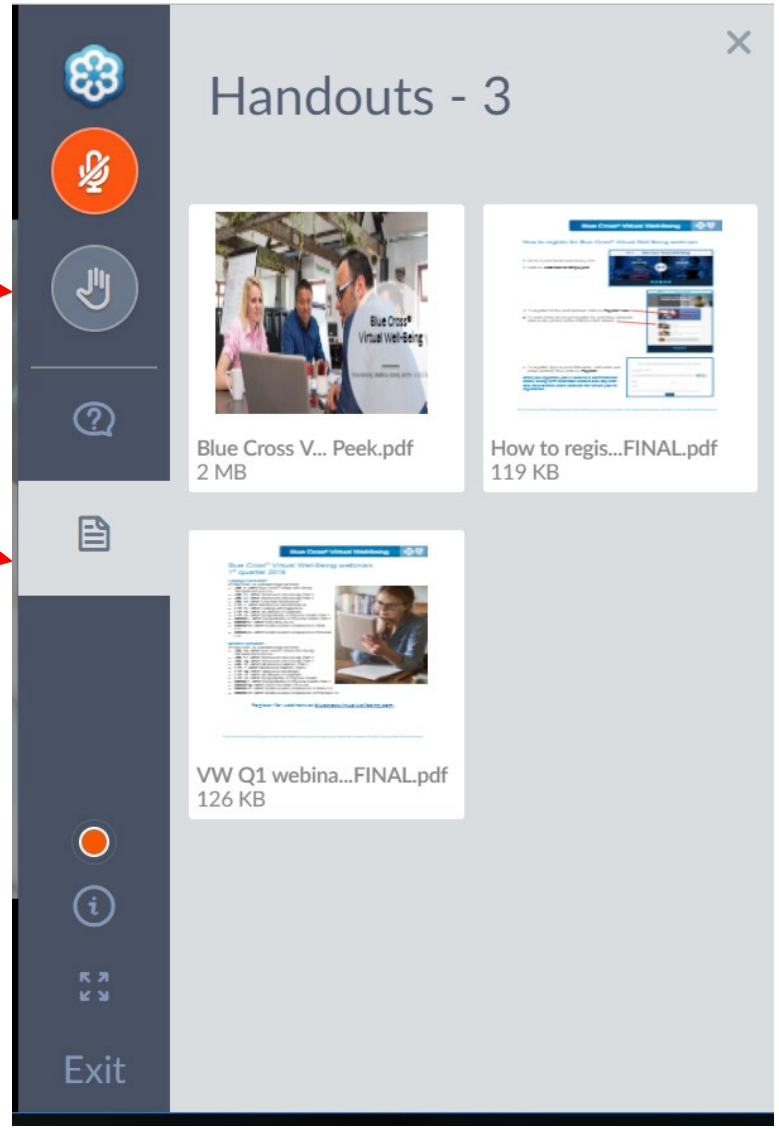

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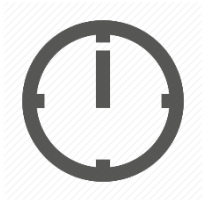
Welcome to: Journaling 101



The session will begin at noon.

This is an interactive session.

Minimize distractions.

There will be a Q&A at the end of the session.

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"A notebook is tangible. Having a well thought–out notebook or journal will keep you on track and heading in the right direction."

— *Amy Olson, owner of Kuhfs*

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"A journal gives me a way to document ideas that could potentially enhance my business."

— *Arthur Zilberman, CEO of Laptop MD*

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Mark your calendars

Home Workouts for Employees

- May 12, 2020
- Noon to 12:20 p.m.

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Today's presenters:

Dan Muncey, M.P.H.

Melissa Waara, M.S.

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Today's session

- Write it out
- Journaling for business
- Bullet journaling

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Write it out

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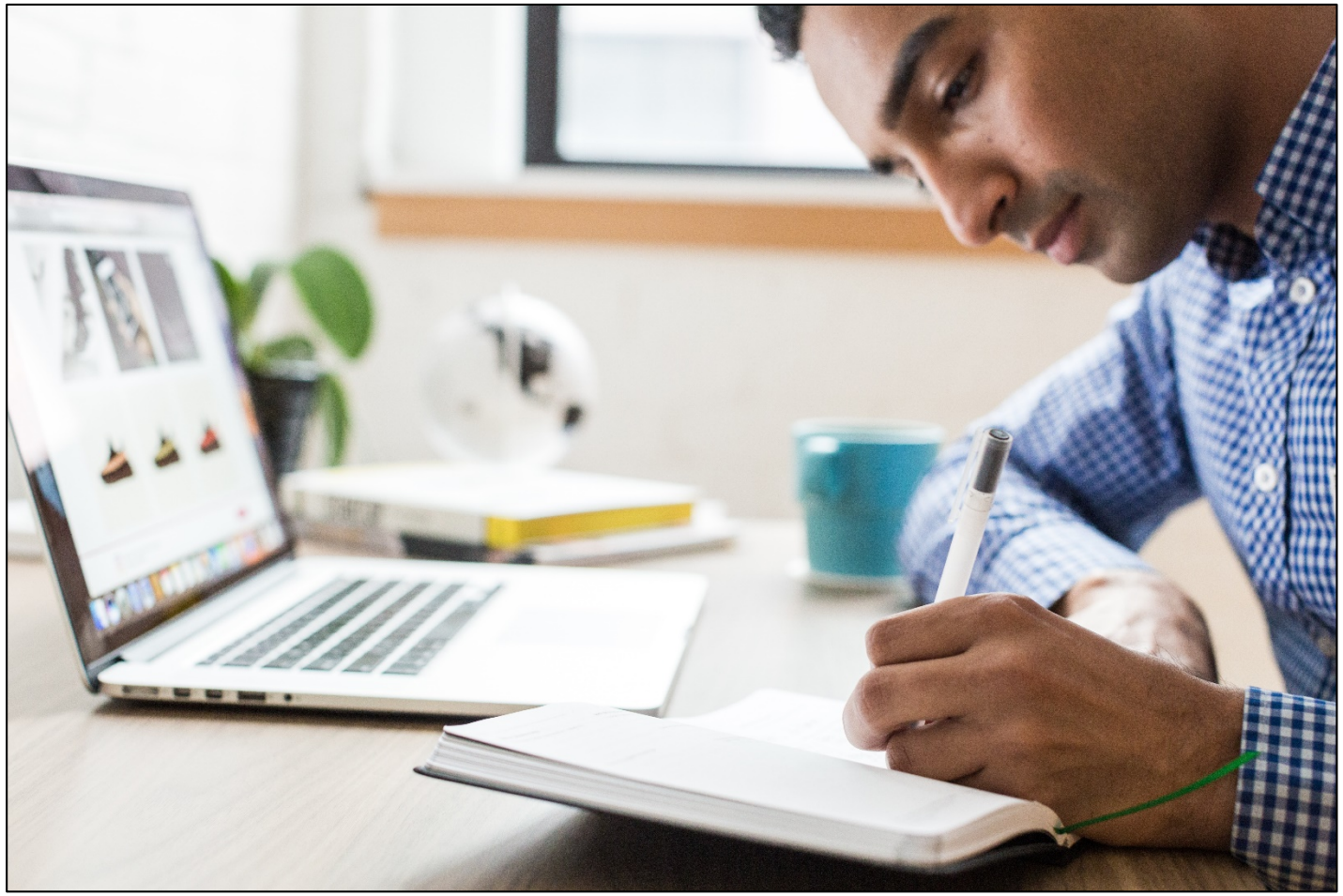
Journaling for business

- Focus
- Planning
- Self-reflection



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Bullet journaling

- Index
- Future log
- Monthly log
- Collections

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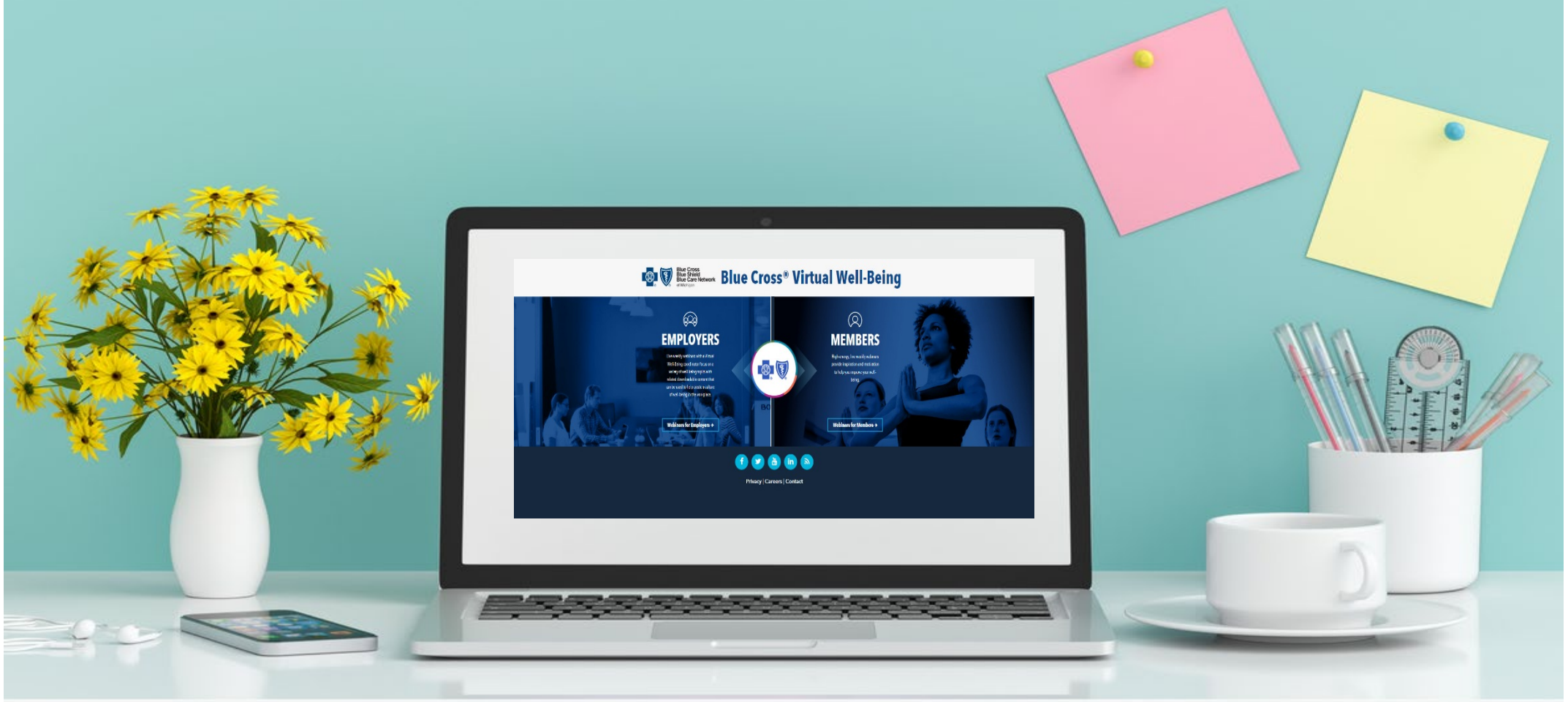
For more information

- Virtual Well-Being site: **bluecrossvirtualwellbeing.com**
- Virtual Well-Being email: BlueCrossVirtualWell-Being@bcbsm.com



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Next session: Home Workouts for Employees

May 12, 2020

Noon to 12:20 p.m.

Physical activity is important for your employees' health and well-being. Help your employees learn creative ways to work out at home with kids, spouses or by themselves.

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Questions

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